Efficacy of contraception methods

**99%**
Less than 1 pregnancy per 100 women in one year

- Contraceptive implant: 99.95% effective, lasts up to 3 years
- Hormonal Intrauterine Device (hormonal IUD): 99.8% effective, lasts to 5 years
- Copper intrauterine device (Cu-IUD): 99.2% effective, lasts to 10 years
- Sterilisation: Male sterilisation (vasectomy): 99.85% effective / Permanent
- Tubal occlusion by metal microinsert: 99.8% effective / Permanent
- Female tubal ligation: 99.5% effective / Permanent

**91%**
6–9 pregnancies per 100 women in one year

- Contraception injection: Depot medroxyprogesterone acetate (DMPA) 94% effective, injection every 12 weeks
- Contraceptive vaginal ring: 91% effective, new ring used every 4 weeks
- Combined oral contraceptive pill (the COC Pill): 91% effective, taken daily with 24hr window
- Progestogen-only contraceptive pill (POP): 91% effective, taken daily 3hr window

**76%**
18+ pregnancies per 100 women in one year

- Diaphragm: 88% effective
- Male condom: 82% effective
- Female condom: 79% effective
- Withdrawal method: 78% effective
- Fertility awareness based methods: 76% effective, abstain from intercourse or use another method on fertile days.

*Long-Acting Reversible Contraception (LARC) [After procedure, little or nothing to do or remember]*

Family Planning Alliance Australia is the nation’s peak body in reproductive and sexual health. It promotes advances in public health through policy insight and advocacy and represents leading health and education agencies across Australia.
The copper IUD contains no hormones and lasts for up to 10 years depending on which one you choose.

The hormonal IUD slowly releases very small amounts of hormone into the uterus and lasts for up to 5 years.

The contraceptive implant is a soft, flexible rod that is placed under the skin of the arm. It slowly releases a small amount of hormone. It lasts for up to 3 years.

All three methods can be reversed at any time. Make an appointment to have your contraceptive removed if you wish to become pregnant or change to another method. It will no longer have any effect as soon as it is removed.

All of these methods are much more effective at preventing pregnancy than the pill, injection or condoms.

Please turn over to see the chart.